

Breath Work

7 min · Yoga

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Welcome! This routine is from my personal practice. I work out regularly but I'm not a fitness professional, proceed at your own discretion. Start slow, listen to your body, and consult your doctor if needed. Adjust the intensity based on your capacity. Scroll down for detailed instr.

Easy Pose · Sukhasana



5 breaths

Lengthen spine · Relax shoulders · Reach crown of head toward sky · Relax arms

Yogic Breathing · Pranayama



10 breaths

Inhale and feel the belly, then chest, then throat expand · Exhale and feel first throat, then chest and last...

Alternate Nostril Breathing · Nadi Shodhana Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Tuck right index and middle fingers into p...

Frontal Brain Cleansing Breath · Kapalabhati Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Draw belly toward spine for forceful exhalations · Inhale pa...

Ocean Breathing · Ujjayi Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Slightly constrict the throat

Bellow's Breath · Bhastrika Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Expand belly with each inhalation · Draw belly toward spine ...

Cooling Breath · Sheetali Pranayama



10 breaths

Lengthen spine · Keep chin parallel to floor · Relax shoulders · Roll tongue and inhale · Exhale through t...

Thunderbolt · Vajrasana



10 breaths

Bring knees to touch · Relax shoulders · Lengthen spine · Bring toes to touch · Separate heels ·

Extended Child's Pose · Utthita Balasana



10 breaths

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart · Draw shoulder blades ...

Easy Pose

Primary muscle group(s):

Knees, Spine

Secondary:

Ankles, Glutes & Hip Flexors

Sit with your legs stretched in front of you. Bend one leg with an exhale and draw the foot near the opposite thigh.

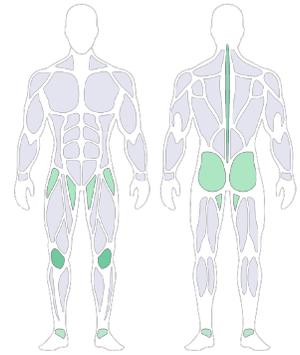
Bend the other leg and tuck the foot under the opposite shin.

Rest your hands on your knees. Lengthen your spine but relax your body.

Close your eyes. Hold the pose and take slow, deep breaths.

Slowly release the legs.

Modification: Sit on a bolster or block.



Yogic Breathing

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

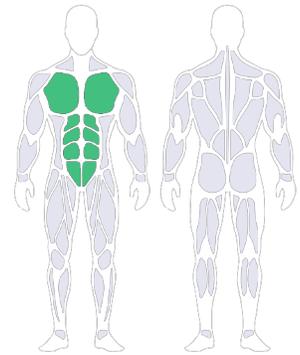
Place your right hand over your belly and your left hand over your chest. Close your eyes.

Inhale into your belly, slowly and deeply. Feel your belly expand. As you continue the inhalation, feel your ribs expand next and then the base of your throat.

As you exhale, relax the upper chest, feel the ribs contract next and lastly the belly.

Each breath should flow naturally without tension. Repeat 5 to 10 rounds of this breath.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



Alternate Nostril Breathing

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

Bring your left thumb and index finger together. Rest the back of the hand on your left knee.

Tuck your right index and middle fingers into your palm. Close your eyes.

Close your right nostril with your right thumb. Exhale completely.

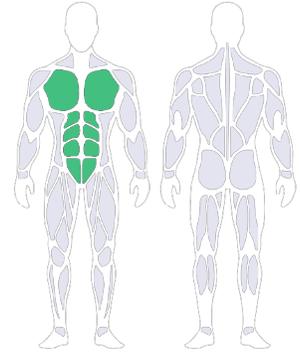
Inhale through your left nostril. Close your left nostril with your ring finger.

Release your thumb and exhale through your right nostril. Inhale through your right nostril.

Close your right nostril with your thumb. Release your ring finger and exhale through your left nostril. This is one round.

Repeat 5 rounds of this breath. Rest in Corpse for several breaths.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



Shining Skull / Frontal Brain Cleansing Breath

Primary muscle group(s):

Abs, Chest

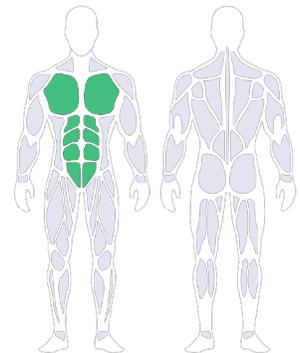
Sit in a comfortable position. Lengthen your spine.

Rest your hands on your knees. Close your eyes. Inhale naturally.

Forcefully exhale through your nose by actively drawing your belly toward your spine. Keep the rest of your body still. Inhale naturally.

Repeat 10 rounds of this breath: exhaling forcefully and inhaling naturally at a medium pace. Then rest for a minute in Corpse.

⚠ Avoid this exercise if you have high blood pressure. Stop immediately if you feel dizzy.



Ocean Breathing

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

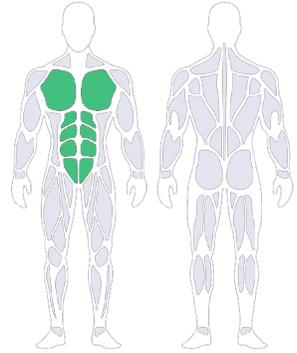
Rest your hands on your knees. Close your eyes.

Open your mouth. As you exhale, contract your throat and make a 'hhhaaa' sound, as if you were fogging a mirror. It should sound like a soft whisper.

Now close your mouth and breathe through your nose only, but continue making this 'hhhaaa' sound with each inhale and exhale.

Repeat 10 rounds of this breath.

Modification: Place a firm cushion or rolled mat under your bottom to bring more length to your spine.



Bellow's Breath

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

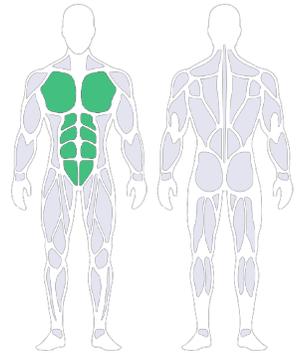
Rest your hands on your knees. Close your eyes.

Take a deep, exaggerated breath in, expanding your belly. Actively exhale with an equally exaggerated breath. Do not strain.

Repeat this cycle for 10 breaths at a medium pace.

Rest for a minute in Corpse.

⚠ Avoid this exercise if you have high blood pressure. Stop immediately if you feel dizzy.



Cooling Breath

Primary muscle group(s):

Abs, Chest

Sit in a comfortable position. Lengthen your spine.

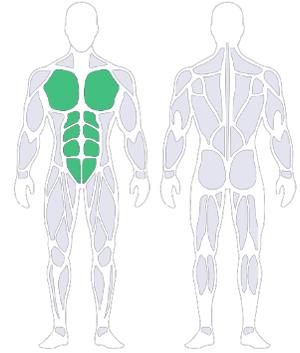
Rest your hands on your knees. Close your eyes. Exhale completely.

Open your lips and roll your tongue. Inhale slowly through your tongue, filling your belly.

Close your mouth. Exhale slowly through your nose.

Repeat 10 rounds of this breath.

Modification: If you can't roll your tongue, touch your teeth together and open your lips as you inhale through your mouth.



Thunderbolt / Kneeling / Diamond

Primary muscle group(s):

Knees, Quadriceps

Secondary:

Ankles, Spine

Sit with your legs folded underneath you, knees touching.

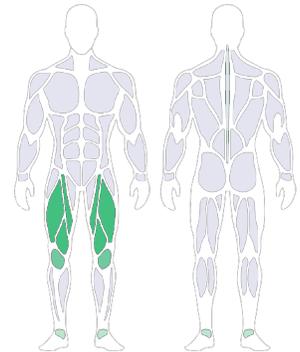
Bring your big toes to touch and separate your heels. Reach the crown of your head toward the sky.

Rest your hands on your thighs. Close your eyes.

Hold the pose and take slow, deep breaths.

Modification: Separate your knees slightly.

⚠️ Avoid this pose if you have weak knees.



Extended Child's Pose

Primary muscle group(s):

Glutes & Hip Flexors, Knees, Spine

Secondary:

Lower Back, Middle Back / Lats, Upper Back & Lower Traps

Sit on your heels. Bring your feet together and knees hip-width apart.

Bend forward with an exhale and rest your torso between your thighs. Relax your tailbone toward your feet.

Reach your arms far forward. Spread your fingers and press your palms into the floor. Rest your forehead on the floor.

Hold the pose and take slow, deep breaths.

Rise with an inhale.

 Avoid this pose if you have a knee injury.

